

PUT LIFE BACK IN
YOUR LIFE



Do you experience any of the following?

- Chronic health condition
- Difficult emotions
- Poor sleep
- Pain/fatigue
- Stress/anxiety
- Depression
- Shortness of breath
- Tense Muscles

Better Choices, Better Health

A virtual program on managing health and chronic conditions through Loring Hospital and IDPH

Learn how to:

- Get the support you need
- Improve nutrition and exercise choices
- Find ways to deal with pain and fatigue
- Improve communication

What: Virtual sessions once a week for 7 weeks

When: Mondays 1 - 3:30 p.m.

Dates: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12 & 4/19

\$25/person | scholarships available through Sac Fit

For questions or to register, call 712-662-6379.

Please sign up by Friday, March 5.



Loring Hospital



Your Family Health Center

An Affiliate of  UnityPoint Health